

Sandwiches Soups & Salads

Sandwiches are oven-baked and served with your choice of fries or Garden Greens. Substitute Greek or Caesar Salad \$2

*1 Bistro Dip

Marinara, pepperoni, salami, mushrooms and red onions oven-baked on a baguette with melted mozzarella cheese. Served with Meat sauce for dipping. **\$9**

Black Forest Formaggio

A heaping portion of shaved Black Forest ham paired with Honey Mustard sauce oven-baked on a baguette with a blend of melted cheddar and mozzarella cheeses. **\$10**

Italian Beef Steak

A heaping portion of shaved beef brisket with sautéed red and green peppers, red onions and mushrooms oven-baked on a baguette with a blend of melted cheddar and mozzarella cheeses. **\$11**

*The Classic Italian

Layers of pepperoni, Genoa salami and capicollo topped with lettuce, tomatoes, red onions and a splash of Raspberry Vinaigrette. Oven-baked on a baguette with melted mozzarella cheese. **\$11**

Chicken Parmesan Sandwich

Lightly breaded chicken breast topped with Marinara sauce and melted mozzarella cheese on a toasted onion bun. **\$10**

Italian Sausage and Pepper Sandwich

A spicy Italian sausage smothered in sautéed peppers and onions. Served on a warm oven-baked baguette with Marinara sauce. **\$11**



*Bistro Tour

Delicious sampling of Eggplant Parmigiana, Lasagna Bolognese and Linguine Alfredo. **\$16**

*Bistro Feast \$18

Choose any three of the following specialties and create your own feast:

1 Bistro Lasagna, Chicken Parmigiana, Eggplant Parmigiana, Veal Marsala, Three Cheese Ravioli with your choice of Marinara or Meat sauce, Spaghetti with Meat Sauce, Linguine ai Quattro Formaggi, Gnocchi in Tomato-cream Sauce.

Veal Marsala

Lightly breaded veal scallopini in a savoury sauce of mushrooms, garlic and Marsala wine. Served with Linguine Alfredo. **\$17**

Entrées are served with oven-baked garlic toast

Soups and salads are accompanied by 1 Bistro Bites

Soups

Starter Size **\$5** Bistro Size **\$8**

*Italian Wedding Soup

Italian meatballs, spinach and noodles in a rich herbed chicken broth.

Spicy Tomato Ravioli

Fresh vegetables and mini cheese ravioli simmered in a zesty tomato soup.

Creamy Wild Mushroom Soup

Wild mushroom blend sautéed with onions and herbs in a decadent cream soup.

Salads

1 Bistro Garden Greens

Fresh, crisp vegetables on a bed of mixed greens topped with seasoned croutons and your choice of dressing. Starter Size **\$4** Bistro Size **\$7**

Classic Caesar Salad

Crisp romaine tossed with Caesar dressing and topped with seasoned croutons and parmesan cheese. Starter Size **\$5** Bistro Size **\$9**

Taverna Greek Salad

Crisp romaine with chunks of tomato, cucumber, red onion and mixed peppers tossed in a Greek vinaigrette, topped with Kalamata olives and herbed feta.

Starter Size **\$5** Bistro Size **\$9**

Add grilled chicken (or shrimp) to any of the above salads

Starter Size **\$2** Bistro Size **\$3**

Entrée Salads

Buffalo Chicken Salad

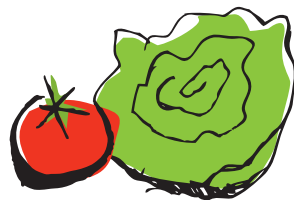
Buffalo style chicken strips, mixed bell peppers, tomatoes, celery and pepperjack cheese on a bed of mixed greens tossed in a Parmesan-Ranch dressing. **\$12**

Roasted Vegetable Couscous Salad

Seasonal oven-roasted vegetables tossed with couscous, crispy greens and Lemon Oregano dressing, sprinkled with feta cheese. **\$11**

Fiesta Tortilla Salad

Your choice of spicy chicken or seasoned taco beef, tomatoes, onions, jalapeños and pepperjack cheese, on a bed of mixed greens tossed in a Salsa-Ranch dressing, served with a side of sour cream and crispy tortilla strips. **\$12**



* 1 Bistro specialty items invented by our culinary team and perfected for your enjoyment!

Beverages



*Italian Cream Soda

Fruit syrup and soda combined with fresh cream served over ice make this traditional Italian treat. Choice of strawberry, banana berry, orange or cappuccino flavor **\$2.75**

Soft Drinks

Coke, Diet Coke, Sprite, Gingerale **\$2.40**

Sparkling Water

Perrier, Pellegrino **\$2.75**

Natural Mineral Water

Dasani **\$2.25** Evian **\$2.95**

Juice

Orange, Grapefruit, Cranberry, Pineapple, Tomato **\$2.75**

Hot Drinks

Espresso drinks are a single shot. Add a second \$1

Cafè Cioccolato & Vanilla

Rich espresso combined with dark chocolate, steamed milk and topped with fresh whipped cream, caramel syrup and a dusting of cocoa. **\$3.75**

Vanilla Latte

Bold espresso and smooth vanilla syrup combined with steamed milk and finished with fresh whipped cream. **\$3.75**

Cafè Latte

Espresso shot blended with steamed milk. **\$3.75**

Cappuccino

Espresso shot topped with a little steamed milk, milk foam and a dusting of cinnamon. **\$3.25**

Espresso

2 oz of bold dark coffee with an enticing aroma and caramel undertones. **\$2.50**

Specialty Teas

Selection of specialty teas, including decaffeinated and herbals, presented in a classic tea box. **\$2.75**

Tea or Coffee

Orange Pekoe tea or house blend coffee. **\$2.50**



On the Go

*1 Bistro

Mediterranean Eatery

1 Bistro Mediterranean Eatery – Canad Inns Destination Center Grand Forks
1000 South 42nd Street, Grand Forks, North Dakota 58201 USA
1 Bistro Direct: 701.792.1960 Hotel Switchboard: 701.792.1320
Fax: 701.792.1976 www.lbistro.com

Starters & Share Plates



* **World of Wings**
Atomic*, Cajun*, Caribbean Jerk*, Floribbean, Honey Garlic, Honey Mustard, Lemon Pepper, Mesquite BBQ, Salt & Pepper, Shanghai*, Sweet and Sour, Sweet Chili, Szechwan, Teriyaki
Starter Size **\$7.75** 3 Flavor Platter **\$13**
*Spicy!

Chicken Tenders
Succulent chicken tenders served with your choice of Honey Dill, Honey Garlic, Mesquite BBQ or Sweet and Sour sauce for dipping. **\$8**
Add Fries \$2

* **Garlic Cheese Crostini**
House-baked baguette topped with fresh garlic and herb butter, topped with mozzarella cheese and oven-baked. Served with a side of Marinara sauce.
Starter Size **\$5** Share Size **\$8**

* **'1 Bistro House-Baked Bruschetta**
House-baked baguette topped with garlic infused olive oil, fresh tomatoes, hand-cut herbs, onions, feta and mozzarella cheeses.
Starter Size **\$6.75** Share Size **\$10**

* **'1 Bistro Bites**
Our signature breadsticks handmade fresh every day! Oven-baked with garlic, herbs and parmesan cheese. Served with our famous Marinara sauce.
\$6.75

With Meat Sauce \$1.50

Chipotle Petals
Sweet white onion cut into petals, lightly battered and deep fried. Served with Chipotle Ranch sauce. **\$6.75**

* **Italian Quesadilla**
Spicy chicken and italian sausage, caramelized onions, peppers, olives and mozzarella cheese, grilled in a tomato and basil tortilla, served with Marinara sauce and sour cream. **\$9**

* *'1 Bistro specialty items invented by our culinary team and perfected for your enjoyment!*

* **Antipasto Platter**
Perfect for sharing! A delicious sampling of Italian cured meats, marinated vegetables, olives and artesian cheeses, served with house-made garlic herbed crostini. **\$11**

Formaggio Frito
Lightly breaded mozzarella sticks golden fried. Served with Marinara sauce. **\$7**

* **Crab Stuffed Jumbo Mushroom Caps**
Real lump crab meat blended with herbs and panko crumbs, baked in jumbo mushroom caps and topped with fresh parmesan cheese and Chipotle Aioli sauce. **\$9**

Mussels Mediterranean
Fresh mussels in the shell steamed with choice of spicy Marinara or Garlic White Wine Cream sauce. **\$9**

Spanakopita
Herbed feta cheese and spinach wrapped in light filo pastry and served with Tzatziki sauce. **\$7**

Spinach & Artichoke Stuffed Ravioli
Lightly breaded spinach and artichoke ravioli golden fried and served with Chipotle Ranch sauce. **\$8**

Fried Calamari
Tender pieces of calamari gently fried in a light breading and served with choice of Tzatziki, Chipotle Aioli or Marinara sauce. **\$7.75**

All three sauces, add \$1

* **'1 Bistro Sampler**
Choose from: Chicken Tenders, Formaggio Frito, Crab Stuffed Jumbo Mushroom Caps, Calamari, Stuffed Ravioli, and Spanakopita.
3 Choices **\$12** 2 Choices **\$10**

Pizza



Classics

Deluxe Classic
Pepperoni, Canadian bacon, mushrooms and green peppers with mozzarella cheese.
Ind **\$8** Sml **\$12** Med **\$18** Lrg **\$22**

Traditional Greek
White onions, green peppers, black olives and fresh tomatoes with a blend of mozzarella and crumbled feta cheeses.
Ind **\$8** Sml **\$12** Med **\$18** Lrg **\$22**

Vegetarian
Mushrooms, white onions, green peppers and fresh tomatoes with mozzarella cheese.
Ind **\$7** Sml **\$11** Med **\$17** Lrg **\$21**

Happy Hawaiian
Canadian bacon and pineapple with extra mozzarella cheese.
Ind **\$8** Sml **\$12** Med **\$18** Lrg **\$22**

All-American Meat Lover's
A hearty combination of pepperoni, ground beef, Canadian bacon and Italian sausage with Meat sauce and mozzarella cheese.
Ind **\$9** Sml **\$13** Med **\$19** Lrg **\$23**

The True Italian
Italian sausage, white onions, green peppers and a blend of cheddar and mozzarella cheeses topped with fresh tomatoes, parmesan and herbs.
Ind **\$8** Sml **\$12** Med **\$18** Lrg **\$22**

Five-Cheese & Fresh Tomato
A savory blend of cheddar, pepper-jack, and mozzarella cheeses topped with a fresh blend of tomatoes, feta, parmesan and herbs.
Ind **\$8** Sml **\$12** Med **\$18** Lrg **\$22**

* **Mediterranean Meat Lover's**
Marinara sauce, Genoa salami, capicollo, white onions, red peppers and black olives with mozzarella cheese.
Ind **\$9** Sml **\$13** Med **\$19** Lrg **\$23**

All pizza crusts and sauces are made from scratch in-house

Inspirations

* **Northern Heat**
Spicy Italian sausage, peppery capicollo, sweet green peppers, white onions and fiery banana peppers with zesty Marinara sauce and topped with mozzarella and pepperjack cheeses.
Ind **\$9** Sml **\$13** Med **\$19** Lrg **\$23**

* **Hunger Buster**
Our signature pizza! Pepperoni, ham, shrimp, mushrooms, white onions, green peppers and black olives with mozzarella cheese.
Ind **\$9** Sml **\$13** Med **\$19** Lrg **\$23**

Bacon Double Cheeseburger
Ground beef, bacon, white onions and mushrooms with a blend of cheddar and mozzarella cheeses.
Ind **\$9** Sml **\$13** Med **\$19** Lrg **\$23**

Chicken Fajita Pizza
Spicy chicken tenders, green peppers, white onions, black olives and fresh tomatoes with salsa, topped with a blend of cheddar and mozzarella cheeses.
Ind **\$9** Sml **\$13** Med **\$19** Lrg **\$23**

Tostada
Refried beans, taco beef and mozzarella cheese topped with a fresh blend of lettuce, tomatoes, green onions and tortilla strips in Salsa-Ranch dressing.
Ind **\$9** Sml **\$13** Med **\$19** Lrg **\$23**

* **Decadent Chicken**
One of our most popular pizzas! Alfredo sauce, spicy chicken tenders and bacon with a blend of cheddar and mozzarella cheeses.
Ind **\$9** Sml **\$13** Med **\$19** Lrg **\$23**

Pastas include '1 Bistro Bites

Classics

* **'1 Bistro Lasagna Bolognese**
Tender lasagna noodles layered with a Meat sauce and a blend of cheeses, then topped with mozzarella cheese and baked to perfection.
Petite **\$9** Bistro Size **\$13**

Spaghetti & Meatballs
A mountain of spaghetti noodles smothered in Meat sauce and topped with meat balls.
Petite (3 meatballs) **\$8**
Bistro Size (6 meatballs) **\$13**

Linguine ai Quattro Formaggi
Alfredo made better! Linguine tossed in a decadent sauce of asiago, goat, mozzarella and parmesan cheeses.
Petite **\$8** Bistro Size **\$12**

Top with chicken, shrimp, or Italian sausage \$3

Three Cheese Ravioli
Cheese filled ravioli topped with your choice of Marinara or Meat sauce and parmesan cheese.
Petite **\$8** Bistro Size **\$12**

Spaghetti Carbonara
Spaghetti tossed in a rich creamy sauce with crisp bacon and parmesan cheese, garnished with green onions.
Petite **\$8** Bistro Size **\$12**

* **Gnocchi**
Traditional potato dumplings tossed in a luxurious Tomato cream sauce and topped with parmesan shavings.
Petite **\$7** Bistro Size **\$11**

Top with chicken, baby shrimp, or Italian sausage \$3

Pasta

Inspirations

Frutti de Mare
Mussels, shrimp, and calamari on linguine noodles tossed in your choice of Pesto-cream or Marinara sauce.
Petite **\$10** Bistro Size **\$14**

* **Rattlesnake Linguine**
Fresh jalapeños and tomatoes tossed with linguine noodles in a Pepperjack Cheese sauce and topped with fried jalapeño bites.
Petite **\$9** Bistro Size **\$13**

* **New Orleans Linguine**
Italian sausage, spicy chicken, shrimp and banana peppers tossed with linguine noodles and a choice of Alfredo or Tomato-cream sauce.
Petite **\$9** Bistro Size **\$13**

Roasted Vegetable Penne
Penne noodle, oven-roasted mushrooms, red onions, bell peppers and zucchini tossed together in your choice of rich Alfredo or classic Marinara sauce.
Petite **\$7** Bistro Size **\$11**

Pasta Milano
Spicy chicken, mushrooms and tomatoes tossed with farfalle noodles in a Garlic Cream sauce.
Petite **\$9** Bistro Size **\$13**

Portobello Ravioli
Ravioli stuffed with wild mushrooms, tossed in a rich Alfredo sauce, topped with diced tomatoes.
Petite **\$9** Bistro Size **\$13**

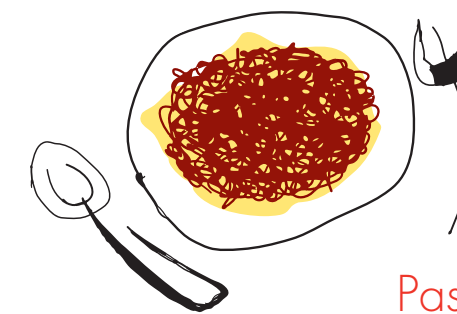
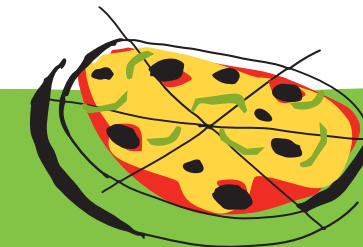
* **Baked Seafood Penne**
Shrimp, scallops and crab tossed with penne in a creamy Asiago sauce and baked.
Petite **\$10** Bistro Size **\$14**

Create Your Own Pizza!

Starter Pizza
A cheese pizza with our famous pizza sauce.
Ind **\$6** Sml **\$10** Med **\$16** Lrg **\$20**

Regular Toppings
Pepperoni, salami, ham, bacon, ground beef, Italian sausage, Canadian bacon, onions, green peppers, mushrooms, tomatoes, pineapple, black olives, green olives, jalapeño peppers, banana peppers, caramelized onions
\$1.50 each

Gourmet Toppings
Genoa salami, capicollo, spicy chicken, roasted red peppers, marinated eggplant, sun-dried tomatoes, white sauce, artichoke hearts, pesto, shrimp, goat cheese, feta, cheddar, Gorgonzola, provolone
\$2 each



Pasta Your Way!

Choose Your Pasta
Linguine, Spaghetti, Farfalle, Penne

Choose Your Sauce
Alfredo, Meat Sauce, Pesto-cream, Marinara, Tomato-cream
Petite **\$7** Bistro Size **\$11**

Choose Your Toppings
Meatballs, Italian sausage, spicy chicken, baby shrimp, oven-roasted vegetables
\$3 each



Want to create your own pizza? Flip to the last page to see how!

Want to make pasta your way? Flip to the last page to see how!